

Food and Drug Administration
Center for Food Safety and Applied Nutrition
Office of Special Nutritionals

ARMS#

13062



2 - LABEL SAMPLE

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SUGGESTED USE: As a Dietary supplement, orally, adults, ONE to TWO caplets two to three times per day, or every four hours, on an empty stomach one hour before meals. DO NOT EXCEED EIGHT CAPLETS PER DAY.

CAUTION: AS WITH ANY DIETARY SUPPLEMENT, SEEK ADVICE FROM A HEALTH CARE PRACTITIONER PRIOR TO USE IF YOU ARE PREGNANT OR NURSING, OR IF YOU HAVE HIGH BLOOD PRESSURE, HEART OR THYROID DISEASE, DIABETES, DIFFICULTY IN URINATION DUE TO PROSTATE ENLARGEMENT, OR IF TAKING A MAO INHIBITOR OR ANY OTHER PRESCRIPTION DRUG, OR INTEND ON TAKING TO REDUCE WEIGHT. REDUCE IF NERVOUSNESS, TREMOR OR NAUSEA OCCUR. NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18. KEEP OUT OF THE REACH OF CHILDREN.

*Based on multi-species clinical laboratory testing

Natural Herbs
Metabolife™
Dietary Supplement 356

Herbal formula to enhance your

DIET

and provide
Energy

90 Caplets



INDEPENDENTLY
LABORATORY
TESTED FOR
SAFETY

Supplement Facts		
Serving Size: 1 Caplet		
Amount Per Serving		% Daily Value
Vitamin E	6 i.u.	20%
Magnesium (as Magnesium Chelate)	75 mg	16%
Zinc (as Zinc Chelate)	5 mg	33%
Chromium (as Chromium Piccolinate)	75 mcg	62%
Proprietary Blend	728 mg	
Guarana Concentrate (seed)		
(40 mg naturally-occurring caffeine)		
Melissae Concentrate (herbal part)		
(12 mg naturally occurring apigenins)		
Bee Pollen		
Ginseng (root)		
Ginger (root)		
Lecithin		
Bovine Complex		
Damiana (leaf)		
Sarsaparilla (root)		
Golden Seal (herbal part)		
Nettle (leaf)		
Ginkgo Kola (herbal part)		
Spirulina Algae		
Royal Jelly		

* Daily Value not established
Other Ingredients: Methocel, silica, croscarmellose sodium, magnesium stearate

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Cnsmr Cmplt Inv

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